



Introduction to Recreation and Leisure With Web Resource-2nd Edition

By Human Kinetics

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Recreation and leisure is a thriving industry with phenomenal growth, tremendous potential, and diverse career paths and options. *Introduction to Recreation and Leisure, Second Edition*, is a textbook designed for the first undergraduate course in a recreation or leisure program. With its 21st-century views of recreation and leisure services, it indicates future directions in the field and offers diverse international perspectives.

The second edition of *Introduction to Recreation and Leisure*

- presents historical, philosophical, and social aspects of the industry;
- offers fresh insights on community parks and recreation departments, youth and nonprofit agencies, commercial recreation, and tourism enterprises;
- describes how recreation provides fun, enriching, and educational programs and services for people of all ages; and
- exposes students to a variety of career options and supports them as they explore their interests and prepare for challenging careers in one of the leading industries of the 21st century.

Part I presents the history and philosophy of the field and its benefits to individuals and society. **Part II** introduces the sectors of the field and their delivery systems: parks, public recreation, nonprofit organizations, commercial recreation and tourism, therapeutic recreation, and unique groups. **Part III** presents the types of programming found in recreation and leisure services: sports; fitness, health, and wellness; outdoor and adventure recreation; and arts and culture. It includes a chapter on recreation and leisure as a profession and a chapter on international recreation.

In the second edition of *Introduction to Recreation and Leisure*, invited experts

from around the world offer their perspectives on the industry. These authors are emerging and leading professionals and eminent scholars in leisure education. The new edition includes a web resource that supports students in the classroom as well as in the online setting with ways to explore the foundation of recreation and leisure and its opportunities for careers.

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Denise M. Anderson, PhD, is an associate professor and coordinator of graduate studies in the department of parks, recreation, and tourism management at Clemson University.

Robert F. Ashcraft, PhD, is executive director of the Lodestar Center for Philanthropy and Nonprofit Innovation and an associate professor in the School of Community Resources and Development at Arizona State University.

Lynn A. Barnett, PhD, is an associate professor in the department of recreation, sport, and tourism at the University of Illinois at Urbana-Champaign.

Joel A. Blanco, MS, is a doctoral candidate in recreation, sport, and tourism at the University of Illinois at Urbana-Champaign.

Diane C. Blankenship, EdD, is an associate professor at Frostburg State University in Frostburg, Maryland.

John Byl, PhD, is the president of Canadian Intramural Recreation Association (CIRA) Ontario and a professor of physical education at Redeemer University College in Ancaster, Ontario.

Gaylene Carpenter, EdD, is associate professor emerita and former director of the arts and administration program at the University of Oregon.

Jinyang Deng, PhD, is associate professor in the recreation, parks, and tourism resources program at West Virginia University.

Holly Donohoe, PhD, is an assistant professor in the department of tourism, recreation, and sport management at the University of Florida.

Paul F.J. Eagles, PhD, is a professor specializing in environmental planning at the University of Waterloo in Canada.

David N. Emanuelson, PhD, is president and CEO of Impact Planning and a partner at the Public Research Group.

Dr. Alan Ewert, PhD, is a distinguished and titled professor at Indiana University. He is the holder of the Patricia and Joel Meier Endowed Chair in Outdoor Leadership and serves as the director of the Leisure Research Institute in the department of recreation, park, and tourism studies.

Jeffrey Ferguson, EdD, is an associate professor at Northwest Missouri State University, where he has served as the recreation curriculum coordinator for the past 25 years.

M. Rebecca Genoe, PhD, is an assistant professor in the faculty of kinesiology and health studies at the University of Regina.

H. Joey Gray, PhD, is an associate professor in the department of health and human performance and program manager of leisure, sport, and tourism studies at Middle Tennessee State University.

Dr. Jeffrey C. Hallo, PhD, is an assistant professor in the department of parks, recreation, and tourism management at Clemson University.

Jane Hodgkinson, MS, was the executive director of the Western DuPage Special Recreation Association (WDSRA) for 30 years until her retirement in 2011.

Douglas Kennedy, EdD, CPRP, is a professor in the department of recreation and leisure studies at Virginia Wesleyan College in Norfolk, Virginia.

Robin Kunstler, ReD, CTRS, is a professor in the department of health sciences and the director of the recreation education and therapeutic recreation programs at Lehman College of the City University of New York.

Rebecca Lesnik, MS, CTRS, is a practicing recreation therapist currently working for the Department of Veterans Affairs Palo Alto Health Care System and is assigned to the Homeless Veterans Rehabilitation Program.

Huimei Liu, PhD, is an associate professor in the School of International Studies at Zhejiang University in China. She is also a researcher in the Asia Pacific Centre for the Education and Study of Leisure at Zhejiang University.

Alcyane Marinho, PhD, is a lecturer in the physical education department at Santa Catarina State University (Udesc) in Brazil.

Susan Markham-Starr, PhD, is professor emerita in the School of Recreation Management and Kinesiology at Acadia University in Wolfville, Nova Scotia.

Donald J. McLean, PhD, is a professor and coordinator in the department of recreation, park, and tourism administration at Western Illinois University–Quad Cities in Moline, Illinois.

Michael Muehlenbein, PhD, MsPH, MPhil, is an assistant professor of anthropology at Indiana University. He is also affiliated with Indiana's program in international studies, the Center for Research in Environmental Sciences, and the Anthropological Center for Training and Research on Global Environmental Change.

Laurie Ogilvie, MA, is a national manager in policy and program development with the Canadian Forces personnel and family support services of the Department of National Defence.

Ellen O'Sullivan, PhD, serves as the chair of the Center for Public Recreation and Parks, a nonprofit organization focused on providing information and data leading to the long-term sustainability of the movement.

Robert E. Pfister, PhD, is a retired professor in the department of recreation and tourism management at Vancouver Island University (VIU) in Nanaimo, British Columbia, Canada, where he currently serves as an adjunct faculty member.

Carol J. Potter, BS, is a senior program analyst in the Morale, Welfare, and Recreation (MWR) Policy Directorate in the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy.

Arianne C. Reis, PhD, is a research fellow with the School of Tourism and Hospitality Management at Southern Cross University, Australia.

Brenda Robertson, PhD, is a professor in the School of Recreation Management and Kinesiology at Acadia University in Wolfville, Nova Scotia.

Clifford Robertson, BA, earned his degree in kinesiology exercise science from Cornell College. While at Cornell, Clifford was commissioner of the intramurals program for two years.

Dr. Terrance Robertson, PhD, is a professor and chair of the department of health and human services at Northwest Missouri State University.

Craig M. Ross, ReD, is a professor in the department of recreation, park, and tourism studies at Indiana University.

Jerome F. Singleton, PhD, CTRS, is a professor in the recreation and leisure studies department in the School of Health and Human Performance at Dalhousie University.

Tod Stanton, MS, has two decades of professional experience in the field of recreation, including working for an Illinois park district. He holds a master's degree in recreation administration from George Williams College of Aurora University.

Frances Stavola Daly, EdD, CTRS, CPRP, is an associate professor and the recreation administration program coordinator in the department of physical education, recreation, and health at Kean University in New Jersey.

Dr. Matthew Symonds, EdD, is an assistant professor in the department of health and human services at Northwest Missouri State University.

Patrick T. Tierney, PhD, is a professor in the department of recreation, parks, and tourism at San Francisco State University.

Juan Tortosa Martínez, PhD, is an assistant professor in physical activity and sport science at the University of Alicante, Spain.

Franklin Vernon, MS, is currently a doctoral student at Indiana University, where he focuses his teaching and research on experiential learning and adventure education.

Julia Wallace Carr, EdD, is a senior associate director at University Recreation and associate professor in sport and recreation management at James Madison University.

Daniel G. Yoder, PhD, is a professor in the recreation, park, and tourism department at Western Illinois University in Macomb.

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